

14 SEPTEMBER 2020

Rustenburg

25 500
FREE

Herald's Bonus

Averting a feral cat-astrophy

In order to keep uncontrolled births by feral animals in and around Rustenburg at bay, a special Spay Day initiative was hosted by the local organisation Rustenburg Ferals. On Thursday last week, some 20 feral cats have been sterilised by the organisation in collaboration with a veterinarian from the Hartbeespoort Animal Welfare Society (HAWS). Pictured from left during one of several sterilisation procedures were Deidré West (Rustenburg Ferals), Dr Anne Kornijenko (Hartbeespoort Animal Welfare Society, HAWS), Cassandra Sheasby (HAWS) and Stanford Wasarievhu (HAWS). Rustenburg Ferals is a "sister organisation" of the Rustenburg SPCA and aims at making the plight of the Rustenburg SPCA easier.



Dangerous cash-jacker caught

BONUS - RUSTENBURG - One of the suspects allegedly involved with a daring cash in transit robbery in last year, have been apprehended.

In July 2019 heavily armed men forced an armoured vehicle to an halt at the Fatima Bayat and Bosch

Streets intersection. The gang used explosives to blow open the safes of the armoured vehicle and then made off with an undisclosed amount of money.

The suspect (31) was arrested in a joint operation of the Hawks, National Crime Intelligence, Gauteng

Special Law Enforcement, Johannesburg Metro Police, Johannesburg Flying Squad and the National CIT Task Team.

He was expected to appear in the Rustenburg Magistrate Court on Monday (14 September).

INTRODUCING!SA

Where there's meat ... man must definitely eat!



Introducing ... The United States Meat Export Federation (USMEF). They're a non-profit trade association organised in 1976 to enhance the ability of the United States to export wholesome, high quality meats and red meat products. Their mission is 'to increase the value and profitability of the U.S beef, pork and lamb industries by enhancing demand for their products in export markets through a dynamic partnership of all stakeholders'.



Try this tasty peri-peri liver recipe:

- Ingredients*
- 1kg beef liver, cut into strips
 - 1 handful pepperdews, sliced
 - 1 cup fresh cream
 - 1 cup peri-peri sauce
 - 1 tbsp curry leaves
 - 1 tsp fresh garlic, minced
 - 2 tsp Amapelepele paprika
 - 1 onion, finely chopped
 - 3 tbsp olive oil
 - Salt, to taste
- Method*
- Fry onion in oil and add garlic, curry leaves and paprika. Cook until onion is cooked through. Add the liver and cook for 2-3 minutes. Season. Now add cream, peri-peri sauce and pepperdews. Simmer for 8-10 minutes and serve. Delish!

Fun fact

Beef and pork is an excellent source of protein and supplies 10 essential nutrients including B-vitamins, zinc, and iron that support an active and healthy lifestyle. The nutrients in these meats provide our bodies with the strength to thrive throughout all stages of life. Just 85 grams of beef is packed with 10 important nutrients that help you meet your daily needs. To get all of these nutrients from other sources you would need to eat far more food, costing you money and unwanted calories. So make sure you include beef on your plate if you want to perform at your best.



Importance of beef liver in your diet

What is beef liver?

The liver is a vital organ. It's the largest internal organ of the animal and has many important functions, including processing digested food from the gut, storing glucose, iron, vitamins and other essential nutrients and filtering and clearing toxins from the blood. It's an underrated food source yet provides you with high quality protein that we all need in our diet.

Liver is a nutritional POWERHOUSE

This much loved organ meat is super rich in protein, low in calories and packed with essential vitamins and minerals. It is possibly one of the most nutrient-dense foods on the planet. We're not sure about you ... but we know what we're having for supper tonight!



Sustainability

Farmers and ranchers continue to be stewards of the land by promoting soil health, conserving water, enhancing wildlife, efficiently using nutrients and caring for their animals. For many years they have pushed past the boundaries of innovation by investing in agricultural research and adopting practices with the goals of improving productivity, providing clean and renewable energy, and enhancing sustainability.

USMEF, U.S Beef and U.S Pork deliver products with world class nutrition. Our world class manufacturing facilities deliver quality and hygiene during production. Our members are the keepers of the largest grasslands in the world and are dedicated to protecting their natural resources.

Nutritional facts

Here are the nutritional values for a 100 grams (3.5-ounce) serving of beef liver with their recommended daily intake: Vitamin B12: 3,460% of the RDI (Vitamin B12 is involved in healthy brain function) • Vitamin A:860-1 100% of the RDI. (Vitamin A helps organs like the heart and kidneys function properly) • Riboflavin (B2):210-260% of the RDI (Riboflavin helps turn food into energy). • Folate (B9): 65% of the RDI (Folate helps cell growth) • Iron: 80% of the RDI (Iron helps carry oxygen around the body) • Copper: 1,620% of the RDI (Copper acts like a key to activate a number of enzymes) • Choline: Liver provides all of the Adequate Intake (Choline is important for brain development and liver function).



You can find U.S Beef at leading retailers, wholesalers and butcheries.



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Meet the winners in this week's **Rustenburg Herald**

One of our two winning artworks for this month - a brilliant sketch of a Rastafarian observing the Covid-19 pandemic of the past six months. The artist is Patrick Simangaliso. A cash prize of R1 000 is on its way.



Our second winning artwork was this similarly impressive image of a young girl enjoying a mango. The artist is Gomolemo Tsele. Gomolemo has also won a cash prize of R1 000 and will be competing for one of two overall winning prizes valued at R10 000 each sponsored by Pick n Pay Beyer Naudé and Pick n Pay Greystone crossing towards the end of this year.




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1. Financial problems.
2. Lost lover and find new love.
3. Manhood problems.
4. Magic wallet.
5. Marriage problems.
6. Win tenders and promotion at work.
7. See your enemies in the mirror.
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**Broccoli Prepaks
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**Strawberry Punnets 250 g
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**Carrot Thriftpacks 1 kg
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**Paw Paws
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**Blueberry Tubs 125 g
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**AS SEEN
ON TV**

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Assorted 500 g**

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